
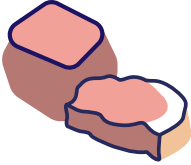



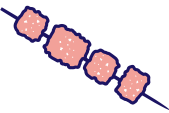



# Pork broiling/grilling

\*Apply a 3-minute resting period after the target internal temperature is reached.

		Thickness/ Weight	Internal temperature*	Average Recommended Cooking Time (min. per kg OR total min.)
	Blade Pork Steak	2cm	Tender	22-27 min
	Chops (Boneless)	New York (Top Loin) Pork Chop	63°C to 71°C	18-27 min
				27-49 min
		Ribeye (Rib) Pork Chop	18-27 min	
		Sirloin Pork Chop		
	Ham steaks, bone-in	Porterhouse (Loin) Pork Chop	63°C to 71°C	18-27 min
		Ribeye (Rib) Pork Chop		27-49 min
		Sirloin Pork Chop		18-27 min
	Ground Pork Patties	1.5cm	71°C	18-27 min
	Ham steaks, bone-in	1.5cm	60°C	18-27 min
	Loin Kabobs	2.5cm cubes	Tender	18-22 min
	Tenderloin	2.5-3.75cm	63°C to 71°C	44-67 min